



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

August 2020

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Dear Friend,

Dann Federico donated 14 stickers that read *In Case of Emergency, Please Save Our Pets*. Come to the office to get yours, first come, first served, until the supply runs out. Put the sticker on the inside of your window with tape, so that it can be removed easily. Do not put the sticker on your front door. Thanks, Dann, for thinking of pet lovers.

We only have one dog at Warren Glenn at this time, but have a few birds, some fish and many cats. I need to ask cat owners to step up their game. The problem is how people or their aides are throwing out their kitty litter. The best way is to take soiled kitty litter out to the dumpster. If you can't or won't do that, then it is very important that you use a thick bag to dispose of the litter, that you don't mix the litter with your household trash (because it gets too heavy) and that you tie up the bag every single time. If you don't, when the bag hits the bin, it opens or breaks and litter with feces and urine scatters. A real person – Emmi or Will or Denise or Chuck – then has to deal with it. It is not right and it is not necessary.

We changed from having a general PVM brochure to having a flyer that says, "Welcome to Warren Glenn". Featured residents are Diane Sexton in her apartment and Rosemarie Barnhart and Mary Hofrichter in the lobby. Our online presence has changed too. We have pictures of the lobby, library, Eddie Flint room and laundry room as well as numerous pictures of Diane's lovely apartment. The virtual tour still needs to become operational, but we are making progress. Check us out at pvm.org.

As you may know, Will Horton is working two days a week until we find a maintenance tech. His emergency number is (586) 256-6326. I appreciate his willingness to help us because he is good at what he does and maintenance is key to the smooth running of the building.

Best wishes to you all!
Anne Lilla, Administrator



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



From the Service Coordinator

Denise Giallombardo, B.S., Human Services.

COVID-19 SCAMS

I recently attended a training about *COVID-19 Scams for Seniors* sponsored by the National Center on Law and Elder Rights. Here is some important information about the new scams that have popped up:

- Fake vaccines
- Fake test kits
- Unnecessary air filter systems
- Fake charities calling for donations for COVID-19 issues
- Offers to expedite your Economic Impact Payment of \$1,200
- A government agency asking for cash, gift cards, wire transfers, cryptocurrency, or personal and financial information.

The best defense is to say NO if anyone contacts you asking for your Social Security number, bank account number, credit card information, Medicare ID number, or driver's license number. This contact for financial and personal information can be by phone, in person, by text message, or email.

FLU SHOT INFORMATION

The Visiting Nurse Association will hold a Flu Shot Clinic in the Library on **Thursday, September 10 by appointment beginning at 10:00 a.m.** The nurse can give one shot every 5 minutes. Please come down at your appointment time (not before), observe social distancing of 6 feet apart when you are in the lobby and remember to wear a mask covering your mouth and nose.

This year, you must see Denise ahead of time to fill out a computer questionnaire so the nurse will have your information ready to go! There will be a sign-up sheet for the flu shot in the Mail Room. Please wear short sleeves or a removable front-closure sweater to your appointment in order to save time at the appointment. Please no pullovers or sweatshirts because of the difficulty of getting to the proper place on your arm to give the shot.

There is NO COST to you for the shot! Medicare or your Medigap insurance company be billed. If you have any questions, please **rely on your doctor** for medical advice. Your medical information **WILL NOT** be sold or given to any group, person or company.

Please ask Denise any questions you might have. Rumors went around the building at the last minute last month that the COVID-19 test was going to cost money, that it wasn't necessary and that it would hurt. A number of people chose not to be tested because of these rumors.

The flu shot helps you to protect your health. With the COVID-19 pandemic still in force, a flu shot will protect you from the flu. This may help people, in the event that they catch COVID-19. **COVID-19 is much worse than the flu.** It directly attacks your lungs. Please, sign up today!

WILD GEESE

You do not have to be good.
 You do not have to walk on your knees
 For a hundred miles through the desert, repenting.
 You only have to let the soft animal of your body love what it loves.
 Tell me about your despair, yours, and I will tell you mine.
 Meanwhile the world goes on.
 Meanwhile the sun and the clear pebbles of the rain
 Are moving across the landscapes,
 Over the prairies and the deep trees,
 The mountains and the rivers.
 Meanwhile the wild geese, high in the clean blue air,
 Are heading home again.
 Whoever you are, no matter how lonely,
 The world offers itself to your imagination,
 calls to you like the wild geese, harsh and exciting –
 over and over announcing your place
 in the family of things.

Mary Oliver



AUGUST BIRTHDAYS

- Aug 4 Mary Blaszczak #217
- Aug 12 Mifdah Choudhury #219
- Aug 22 Donna Ramos #210
- Aug 24 Josephine Danowski #128
- Aug 30 Kaye Gawel #141
- Aug 26 Sonia Awad #142
- Aug 29 Delores LeBlanc #204

AUGUST NAMING

Named for Augustus Caesar, Roman emperor and grand-nephew of Julius Caesar.

AUGUST BIRTHSTONE

Periodot

AUGUST FLOWERS

Gladiolous and Poppy



Tomato Storage

Store at cool room temperature out of direct sunlight. If tomatoes are green, layer in a shallow box, separating each tomato with paper. At 65 – 70 degrees, they will take 14 days to ripen.

Never refrigerate fresh tomatoes if you want to keep that fresh off-the-vine taste.

Best Way to Store Apples

Store apples in refrigerator for the short term. It helps to have a fruit drawer and a damp paper towel nearby to increase humidity.

Never leave apples in a bowl on the counter if you want them to keep. Apples become overripe very quickly at 70 degrees.

How to Store Herbs

Most fresh herbs go bad in the refrigerator quickly. Leafy herbs including cilantro, mint dill, basil and parsley are best kept in a glass of cool water, like a bouquet of fresh flowers. Trim the ends and change the water every couple of days.

Just harvest by pinching leaves as you need them. This encourages more growth. Herbs can also be dried, frozen or preserved in vinegar, oils and pesto.

Some fresh woody herbs (rosemary, thyme, chives, sage, oregano) can be stored in a fridge, loosely wrapped in a damp paper towel.

Dried herbs and spices should be stored in a cool, dry place, not above the stove or right next to the burners, where heat and steam will cause them to lose flavor dramatically.

Heirloom Caprese Salad

1 pint mixed cherry tomatoes, preferably heirloom, halved

7 tablespoons extra-virgin olive oil, divided

Flaky sea salt

2 pounds mixed medium and large tomatoes, preferably heirloom, cut into thin slices and/or wedges

8 ounces buffalo mozzarella or mozzarella, room temperature, torn into pieces

Coarsely ground black pepper

Small basil leaves and toasted country bread (for serving)

Toss cherry tomatoes with 1 Tbsp. oil in a small bowl; season with salt.

Arrange tomato slices on a platter, slightly overlapping; season generously with salt. Arrange mozzarella over tomatoes; lightly season mozzarella with salt. Spoon cherry tomatoes over salad and drizzle with 6 Tbsp. oil; season with pepper. Let stand 30 minutes to let flavors meld and release juices from tomatoes and mozzarella.

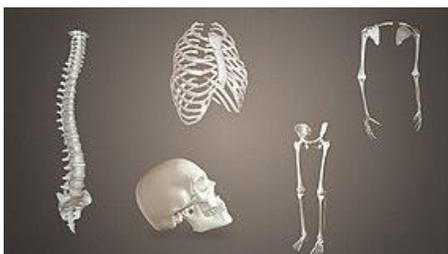
Top salad with basil and additional salt and oil, if desired. Serve with bread alongside.



Human Bones

T	C	M	S	E	T	U	M	X	Y	C	C	O	C
P	A	A	T	E	T	T	S	T	E	R	N	U	M
B	I	T	R	A	P	E	Z	I	U	M	T	M	C
L	S	T	I	B	I	A	A	A	U	S	E	F	L
L	C	L	U	P	I	T	T	U	A	R	M	H	A
H	A	M	A	T	E	U	A	S	L	A	P	U	V
V	P	T	N	X	M	P	U	R	C	D	O	M	I
F	U	L	E	R	A	E	A	U	M	I	R	E	C
I	L	S	L	T	L	R	P	T	E	U	A	R	L
B	A	U	E	L	P	L	S	A	I	S	L	U	E
U	E	L	A	H	I	R	U	M	E	F	I	S	T
L	L	M	S	L	A	A	R	S	U	L	A	T	R
A	U	D	V	U	M	U	L	N	A	A	L	S	E
L	A	S	R	A	T	A	T	E	M	A	N	T	U

- TIBIA
- MALLEUS
- CLAVICLE
- STAPES
- ULNA
- TRAPEZIUM
- COCCYX
- FEMUR
- HAMATE
- TALUS
- RADIUS
- METATARSAL
- TEMPORAL
- HUMERUS
- SCAPULA
- PATELLA
- STERNUM
- FIBULA



Good Luck...This word search puzzle of the main bones of the human body is *hard!*



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

These Are the Times That Try Men's Souls

"These are the times that try men's souls," wrote Thomas Paine on December 23, 1776. Considered by some to be among America's Founding Fathers, he continued his essay as follows, "The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman."

These words, along with the rest of his essay titled, "The American Crisis" helped inspire the birth of a new nation. Prior to the Battle of Trenton, in which George Washington and his men famously crossed the Delaware River on Christmas Day to route the Hessian Army, General Washington had his commanders read the essay to his troops. This small, but important victory provided the spark that was needed for the Continental Army to go on to win the American Revolution.

Today, 244 years later, we once again find ourselves in a crisis that is trying our souls. Rather than battling the tyranny of King George, we are battling the tyranny of the coronavirus. By the time you read this, we will have been in this fight for 6 months. Like me, you are probably feeling a little weary and worn out, but now is not the time for us to shrink from the service of our country. We need to stand by it and do what we collectively can to beat back this foe. We need to wear masks, wash our hands, and stay at least 6 feet apart. Though awkward and uncomfortable, this is what science tells us is the best way to combat the virus until there is a cure or vaccine.

In closing, I want to share another excerpt from Paine's essay that I hope will ultimately ring true as we collectively work together against our common enemy, COVID-19.

"Let it be told to the future world, that in the depth of winter, when nothing but hope and virtue could survive, that the city and the country, alarmed at one common danger, came forth to meet and to repulse it. Say not that thousands are gone, turn out your tens of thousands; throw not the burden of the day upon Providence, but "show your faith by your works," that God may bless you. It matters not where you live, or what rank of life you hold, the evil or the blessing will reach you all. The far and the near, the home counties and the back, the rich and the poor, will suffer or rejoice alike."

By our common action, by doing what we know we can do to control the spread of the coronavirus, there will apt to be much less suffering and a lot more rejoicing. So do your part. Be the equivalent of a 1776 American Patriot. Wear a mask. Wash your hands. Stay 6 feet apart.



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

August is a Month of New Beginnings

Known for new beginnings, August has historically been the month we transition from summer to fall at month's end. This year summer has been quite strange as we continue to follow guidelines to prevent the spread of COVID. It is certainly frustrating. All of us are beginning to feel a bit restless. PVM staff is doing all we can to help get us through this next stage and onto better times.

We are beginning to do more outdoor visits and activities and seeking out resources such as plexi-glass partitions to help us all stay safe. One of the toughest things for many of us as parents, grandparents or aunts and uncles is not being able to spend time with our loved ones. Here are some ideas for how to remain close even though we are physically distant. Think about the talents you and loved ones possess and ramp it up!

- Work on creating a poem with other family members.
- Do a joint project on genealogy and trace your family background.
- Have a remote tea party with a young female relative.
- Read each other stories.
- Send a coloring page to them and ask them to color it in, autograph it and send it back to you. Many newspapers and magazine include them.
- Work on a crossword puzzle together. You will have double the chance to succeed!
- Share family stories. Ask a family member to record your conversation and send the tape back to you.
- Ask young students to share one interesting learning they have had whether doing in-class instruction or home instruction.
- Send photos and e-mails to loved ones who cannot get out. There are many options for devices. My mom has a Grandpad which is quite easy for her to use.

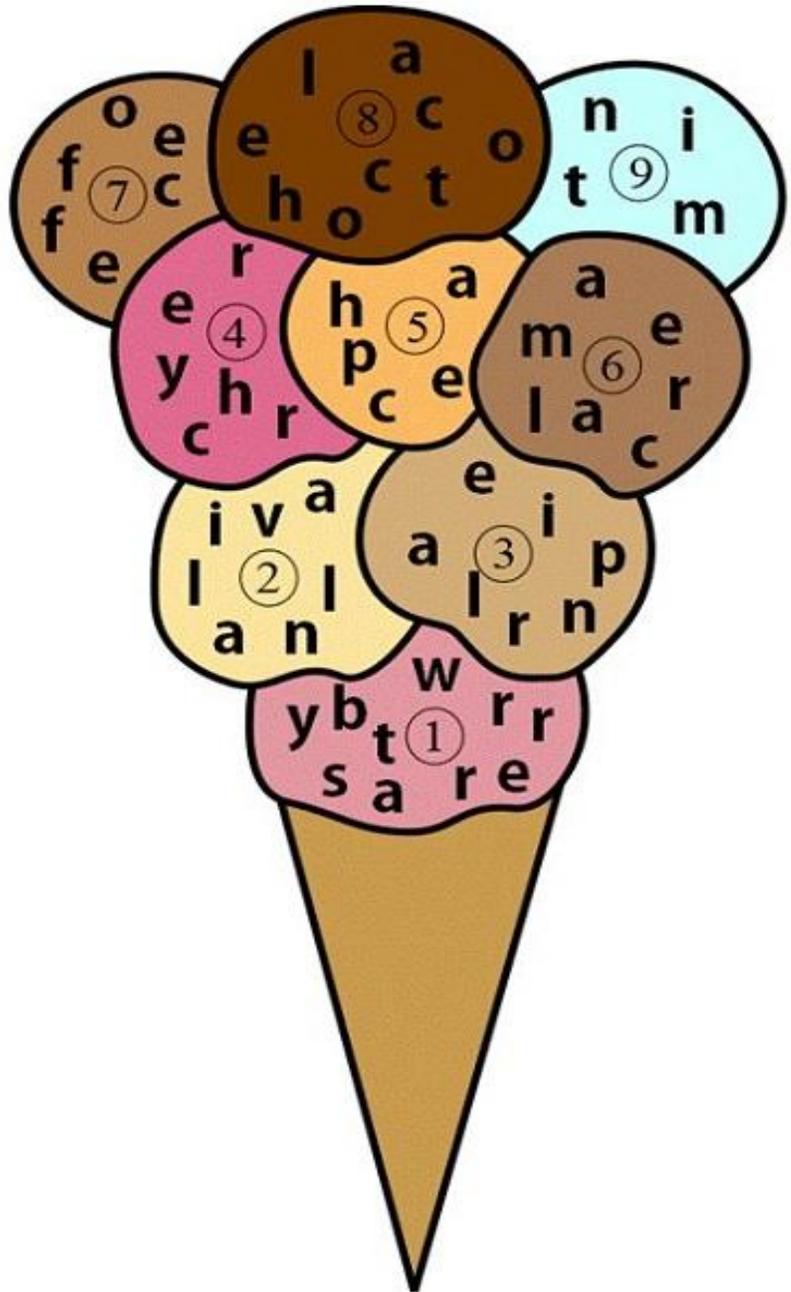
If your loved one does not have an ipad, Grandpad, etc. this would be an excellent gift for them. Being connected across generations is extremely important for the psyche of all ages! Remember, this too shall pass!

Governor Whitmer has now extended the visitation restrictions until August 31st; but our Return to Normalcy Task Force continues work on finding creative ways to keep everyone engaged and allow for visits within the guidelines along with outdoor activities. Stay Safe and Stay Strong!

Word Scrambler

Andrew couldn't decide what flavor of ice cream he wanted most, so he just asked for a nine scoop cone. Unscramble the letters on each scoop to find out what flavors he enjoyed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

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Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



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and leave a legacy.**

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For more information, call Paul Miller at the PVM Foundation
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